



Parent Circles -- Group Coaching Use Cases

Age/Grade of Participants' Children	Implementation Options
Parents of children ages 0 to 5	Early Childhood Parent Circles Experience
Parents of children grades PK to 2nd	Early Elementary Parent Circles Experience
Parents of children grades 3rd to 8th	Option I -- Early Adolescence Parent Circles Experience
	Option II -- Early Adolescence Parent Circles Experience

Click the Implementation Option(s) that match the age range of your parent audience's children for more details

Early Childhood Parent Circles Experience

Group coaching series designed for parents with children ages 0 to 5

Early Childhood Foundations Parent Circles brings together parents of young children aged 0-5 to talk about child development and family wellbeing. These group sessions help families build stronger relationships, become more resilient, and learn ways to support their children's learning and emotional growth.

Implementation

- ❑ Duration: 9 Group Sessions
- ❑ Length Per Session: 90 Min

Customization

- ❑ Group Cadence: Monthly or Weekly
- ❑ Group Size: 6-10 Recommended
- ❑ Add-On: Individual Parent Self Assessment
 - ❑ Requires: 2 Facilitators - Parent 1 on 1 Meetings (60 to 90 min)

EXPERIENCE

TOPIC 1

Getting Started
Together

TOPIC 2

Stress and
Self-Care

TOPIC 3

Language and
Brain Development

TOPIC 4

Attachment and
Serve & Return

TOPIC 5

Sleep

TOPIC 6

Routines

TOPIC 7

Health & Wellbeing

TOPIC 8

Support Networks

TOPIC 9

Closing In
Community

Early Elementary Parent Circles Experience

Group coaching series designed for parents with children grades PK to 2nd

The Early Elementary Parent Circles Series brings together parents of young children in grades PS to 2nd to talk about child development and family wellbeing. These group sessions help families build stronger relationships, become more resilient, and learn ways to support their children's learning and emotional growth.

Implementation

- ❑ Group Sessions Per Year: 9
- ❑ Length Per Session: 60 Min

Customization

- ❑ Duration: 1 to 3 School Years
- ❑ Group Cadence: Monthly or Weekly
- ❑ Group Size: 6-10 Recommended
- ❑ Add-On: Individual Parent Goal Setting
 - ❑ Requires: Facilitator - Parent 1 on 1 Meeting (90 min)
 - ❑ Option: Add 30 Min parent goal reflection to each Parent Circle

YEAR 1

<u>TOPIC 1</u> Starting Together	<u>TOPIC 2</u> Navigating Stress: Stress & Stressors	<u>TOPIC 3</u> Navigating Stress: Children & The Stress Response	<u>TOPIC 4</u> Lifestyle & Health: Medical Home	<u>TOPIC 5</u> Supporting Regulation: Zones of Regulation
<u>TOPIC 6</u> Supporting Regulation: The 6 R's	<u>TOPIC 7</u> Supporting Regulation: Downloading Your Calm	<u>TOPIC 8</u> Lifestyle & Health: Nutrition	<u>TOPIC 9</u> Closing In Community	

YEAR 2

<u>TOPIC 1</u> Starting Together	<u>TOPIC 2</u> Activating Agency: Choices	<u>TOPIC 3</u> Activating Agency: Reframing	<u>TOPIC 4</u> Activating Agency: Composure	<u>TOPIC 5</u> Lifestyle & Health: Movement
<u>TOPIC 6</u> Creating Intentional Relationships	<u>TOPIC 7</u> Intentional Relationships: Thoughts, Feelings, Emotions, and Intention	<u>TOPIC 8</u> Intentional Relationships: Appreciation	<u>TOPIC 9</u> Closing In Community	

YEAR 3

<u>TOPIC 1</u> Starting Together	<u>TOPIC 2</u> Navigating Stress: Stress & Stressors	<u>TOPIC 3</u> Navigating Perspectives: Communication Styles	<u>TOPIC 4</u> Navigating Perspectives: Assertiveness	<u>TOPIC 5</u> Navigating Perspectives: Encouragement & Motivation
<u>TOPIC 6</u> Navigating Perspectives: Problem Solving	<u>TOPIC 7</u> Lifestyle & Health: Financial Values	<u>TOPIC 8</u> Lifestyle & Health: Strategies With My Money	<u>TOPIC 9</u> Closing In Community	

Early Adolescence Parent Circles Experience (Option I)

Group coaching series designed for parents with children grades 3rd to 8th

The Early Adolescence Parent Circles Series brings together parents of children grades 3 to 8 across the full school year to talk about child development and family wellbeing. These group sessions help families build stronger relationships, become more resilient, and learn ways to support their children's learning and emotional growth.

Implementation

- ❑ Group Sessions Per Year: 9
- ❑ Length Per Session: 60 Min
- ❑ (I) Universal Topic Experience

Customization

- ❑ Duration: 1 to 3 School Years
- ❑ Group Cadence: Monthly or Weekly
- ❑ Group Size: 6-10 Recommended
- ❑ Add-On: Individual Parent Goal Setting
 - ❑ Requires: Facilitator - Parent 1 on 1 Meeting (90 min)
 - ❑ Option: Add 30 Min parent goal reflection to each Parent Circle

YEAR 1

<u>TOPIC 1</u> Starting Together	<u>TOPIC 2</u> Navigating Adolescence: Identity Formation	<u>TOPIC 3</u> Navigating Adolescence: Understanding Boundaries	<u>TOPIC 4</u> Navigating Adolescence: Ask a Specialist	<u>TOPIC 5</u> Navigating Adolescence: Putting it All Together
<u>TOPIC 6</u> Financial Wellbeing: Relationship to Finances	<u>TOPIC 7</u> Financial Wellbeing: Achieving Financial Security	<u>TOPIC 8</u> Financial Wellbeing: Ask A Specialist	<u>TOPIC 9</u> Financial Wellbeing: Building a Financial Toolbox	

YEAR 2

<u>TOPIC 1</u> Starting Together	<u>TOPIC 2</u> The Nervous System Ladder: Part 1	<u>TOPIC 3</u> The Nervous System Ladder: Part 2	<u>TOPIC 4</u> The Nervous System Ladder: Ask a Specialist	<u>TOPIC 5</u> The Nervous System Ladder: Relational Repair
<u>TOPIC 6</u> Financial Wellbeing: Envisioning Prosperity	<u>TOPIC 7</u> Financial Wellbeing: What is Future Proofing	<u>TOPIC 8</u> Financial Wellbeing: Ask a Specialist	<u>TOPIC 9</u> Financial Wellbeing: Apply Future Proofing	

YEAR 3

<u>TOPIC 1</u> Starting Together	<u>TOPIC 2</u> Adolescent Mental Health: Identity & Proximal Development	<u>TOPIC 3</u> Adolescent Mental Health: Typical vs Concerning	<u>TOPIC 4</u> Adolescent Mental Health: Ask a Specialist	<u>TOPIC 5</u> Adolescent Mental Health: Parent-Child Relationship Changes
<u>TOPIC 6</u> Financial Wellbeing: What is a Money Role Model?	<u>TOPIC 7</u> Financial Wellbeing: How Our Brains Connect to Finances	<u>TOPIC 8</u> Financial Wellbeing: Ask a Specialist	<u>TOPIC 9</u> Financial Wellbeing: Becoming Money Role Models	

Early Adolescence Parent Circles Experience (Option II)

Group coaching series designed for parents with children grades 3rd to 8th

The Early Adolescence Parent Circles Series brings together parents of children grades 3 to 8 across a portion of the school year to talk about child development and family wellbeing. These group sessions help families build stronger relationships, become more resilient, and learn ways to support their children's learning and emotional growth.

Implementation

- ☐ Group Sessions Per Year: 5
- ☐ Length Per Session: 60 Min
- ☐ (II) Parents Self-Select Topic Experience A or B or Both

Customization

- ☐ Duration: 1 to 3 School Years
- ☐ Group Cadence: Monthly or Weekly
- ☐ Group Size: 6-10 Recommended
- ☐ Remove: "Ask A Specialist" Sessions
- ☐ Add-On: Individual Parent Goal Setting
 - ☐ Requires: Facilitator - Parent 1 on 1 Meeting (90 min)
 - ☐ Option: Add 30 Min parent goal reflection to each Parent Circle

EXPERIENCE A -- ADOLESCENT WELLBEING YEARS 1-3

<u>YEAR 1 GROUP 1</u> Starting Together	<u>YEAR 1 GROUP 2</u> Navigating Adolescence: Identity Formation	<u>YEAR 1 GROUP 3</u> Navigating Adolescence: Understanding Boundaries	<u>YEAR 1 GROUP 4</u> Navigating Adolescence: Ask a Specialist	<u>YEAR 1 GROUP 5</u> Navigating Adolescence: Putting it All Together
<u>YEAR 2 GROUP 1</u> Starting Together	<u>YEAR 2 GROUP 2</u> The Nervous System Ladder: Part 1	<u>YEAR 2 GROUP 3</u> The Nervous System Ladder: Part 2	<u>YEAR 2 GROUP 4</u> The Nervous System Ladder: Ask a Specialist	<u>YEAR 2 GROUP 5</u> The Nervous System Ladder: Relational Repair
<u>YEAR 3 GROUP 1</u> Starting Together	<u>YEAR 3 GROUP 2</u> Adolescent Mental Health: Identity & Proximal Development	<u>YEAR 3 GROUP 3</u> Adolescent Mental Health: Typical vs Concerning	<u>YEAR 3 GROUP 4</u> Adolescent Mental Health: Ask a Specialist	<u>YEAR 3 GROUP 5</u> Adolescent Mental Health: Parent-Child Relationship Changes

EXPERIENCE B -- FINANCIAL WELLBEING YEARS 1-3

<u>YEAR 1 GROUP 1</u> Starting Together	<u>YEAR 1 GROUP 2</u> Financial Wellbeing: Relationship to Finances	<u>YEAR 1 GROUP 3</u> Financial Wellbeing: Achieving Financial Security	<u>YEAR 1 GROUP 4</u> Financial Wellbeing: Ask A Specialist	<u>YEAR 1 GROUP 5</u> Financial Wellbeing: Building a Financial Toolbox
<u>YEAR 2 GROUP 1</u> Starting Together	<u>YEAR 2 GROUP 2</u> Financial Wellbeing: Envisioning Prosperity	<u>YEAR 2 GROUP 3</u> Financial Wellbeing: What is Future Proofing	<u>YEAR 2 GROUP 4</u> Financial Wellbeing: Ask a Specialist	<u>YEAR 2 GROUP 5</u> Financial Wellbeing: Apply Future Proofing
<u>YEAR 3 GROUP 1</u> Starting Together	<u>YEAR 3 GROUP 2</u> Financial Wellbeing: What is a Money Role Model?	<u>YEAR 3 GROUP 3</u> Financial Wellbeing: How Our Brains Connect to Finances	<u>YEAR 3 GROUP 4</u> Financial Wellbeing: Ask a Specialist	<u>YEAR 3 GROUP 5</u> Financial Wellbeing: Becoming Money Role Models